



Our December #LagreeLegend is **Pandora Wheale**, who attended 17 classes in the month! A great accomplishment in a month full of opportunities to miss the studio.

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How many Lagree classes did you do this month?

I did 17 Lagree classes in December. The Christmas parties meant I had a couple of classes where my head wasn't feeling that great, but Lagree helped me keep the month of excessiveness in control. Seriously impressed with myself if I am honest.

How long have you been practicing the Lagree Method and how did you start?

I have been practicing the Lagree method since the end of October. A friend recommended it to me. She said it was the toughest and the best. She was right. I have caught on pretty quickly.

What is it about Studio Lagree that makes it a staple part of your monthly routine?

It's on my way to work so it makes it easy to attend classes in the morning. I try to attend five Lagree sessions a week, which is no doubt why I was awarded **#LagreeLegend** in December. The classes are tough and I feel like I am pushed to my limits each time. The classes are varied and you never know what's coming. I would definitely suggest to people to commit to the **Lagree 3x3** and then up the classes if they can and want to.

Who is your favourite instructor?

All the Lagree instructors I've had have been brilliant. I don't have a favourite instructor but I do have a favourite time of day to go: 7.30am, just before work. At that time of the day I'm on auto-pilot so I don't have to motivate myself to go, I just do it.

What is your favourite and least favourite move?

I find most of the moves challenging and they never seem to get any easier. Donkey and Spider kicks are good. Leaning Tower is not so good. I dread to hear the words 'Plank-to-Pike'.

Will we see you back in the studio next month?

Absolutely, I've already clocked 15 classes in January and I'm booked in for another seven before the end of the month. #LagreeAddict. See you soon Studio Lagree!



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